

EMMA GREEN ONLINE

# Tennis Elbow Relief

*Serving up solutions for Tennis Elbow*

EMMA GREEN

*let's do this*

# Copyright Notice

TENNIS ELBOW RELIEF

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# An Introduction



*Emma Green is a specialist physical therapist and has worked with people of all ages to alleviate their elbow pain. Emma previously worked with the Great Britain Olympic Team and is now founder of what has rapidly become one of the most established private Tennis Elbow Practices in the Los Angeles area.*

**LET'S HEAL ELBOWS,**

*Emma Green*

*Making the most*

# How to Use This

## INTRODUCTION

01

*There's a great saying that goes: Small hinges swing big doors. And it's often the simplest advice that wins in the end. Truth is, without knowing your elbow pain or your history intimately, I cannot tell you which of these will work best for you. And even if I did know the root cause of your elbow pain, there are no guarantees that any one single strategy will work.*

02

*In this Special Report on Ending Elbow Pain I share with you 10 very powerful principles and strategies you can make work for you – some over time and others almost instantly. They're in no particular order, and they all have one thing in common: They all work!*

*Over the last 2 decades, I've been able to narrow down what really does and doesn't work when it comes to easing elbow pain. And the 10 principles you're about to read are included in that.*

03

*So here's my challenge to you ...now that you have this knowledge in your hands, take time every day to try out at least one of these 10 strategies. It really won't take long and most of them won't cost you anything but a few minutes of your time.*

04



# 01

## Avoid anything that makes it hurt

*Relative rest means avoiding anything that makes it hurt. So, you're not taking to your bed or putting your arm in a sling. But you are avoiding things that irritate it. Sometimes, this is easier said than done if the irritating factor is your job. However, there may well be things in your day that you don't actually HAVE to do. You might WANT to do them. But ask yourself if you really HAVE to do them.*

*For example, I had a client who irritated her elbow by cleaning her baseboards. When I asked her why she was doing this irritating activity, she replied that they were dirty and needed cleaning before her family came over for dinner. This is NOT an essential activity. She WANTED her baseboards to be clean, but they really didn't NEED to be done. I'll bet her family didn't even notice her baseboards, but they sure noticed her wincing in pain when she reached for her wine glass! Get my drift!! There are certain activities that we can CHOOSE to do, or not.*

## 02

# Heat the heck out of it

*The first thing that I recommend to all of my clients is heat! Heat is your friend! “But Emma, I thought I was supposed to put ice on my elbow. How do I know whether to put ice or whether to put heat? Which should I do? Is it this one? Is it that one or not? I don't know.”*

*You're going to need a heating pad, a hot towel or a hot water bottle. I know you will probably stand a little bit longer under the hot shower, just because it feels good. Heat of any source can work. I recommend heating pads just because they tend to be a little bit easier to use throughout the day. You don't have to go and stand under the shower all the time. The heat needs to be done frequently throughout the day, 10 minutes at least 5 times per day.*

# 03

## Watch your posture

*"If you did nothing else but improved your posture - you would feel SO much better!!" I hear myself saying these words A LOT!! Because it's true! We spend so much time and energy trying to figure out which exercise you need to do, or which supplement to take, or which doctor is the best one to see, when in fact, if we just sat a little straighter or stood a little taller or kept our spine in neutral when we're in bed or sitting on our office chair, we wouldn't have to focus so much on the other things!*

*So, the challenge for today is to be sitting in a better posture. I challenge you to set the timer on your phone for 20 minutes so that when the timer goes off, you stand up, sit back down in good posture and reset your timer. What happens when we are sitting and working on our laptops, watching TV, surfing the internet, you will get sucked into that activity, and before you know it, all your good intentions are going to be gone because the screen just sucks you in. That's the reason for setting your timer for 20 minutes because, after 20 minutes, you're probably down in a poor position. You need a little reminder. If you don't have a little external reminder like your phone, you're going to end up getting an internal reminder, which will be pain, and we don't want to get to that point.*



# 04

## Daily cardio exercise

*We just learned that our body is not designed to be in a sitting position all day. So what is it designed for? Think back 10,000 years or so (anyone remember back that far??) - there were no chairs, no phones, no laptops, no tablets... We were running around the fields, looking for food, chasing animals, picking berries, you get the picture? That's truly what this body of ours is designed for. Movement is essential for it's wellbeing. Good nutrition, adequate sleep, proper hydration and being outside and seeing green things - are all ESSENTIAL for our body to work most efficiently and effectively.*

*I'm sure you've already heard about most of the things I mentioned above. But, what about the "being outside and seeing green things" part? This is a HUGELY underutilized strategy that is ESSENTIAL for our body's wellbeing!! If someone has been experiencing pain for longer than 3 months, they have chronic pain. By definition, any discomfort that lasts longer than 3 months is defined as being chronic. We are learning more about chronic pain all the time. One of the things that we have learned is that chronic pain produces biochemical and anatomical changes in the brain. These changes can be reversed by "Rebooting" the brain. Getting out into nature will do this. This is why I advise all my clients to do 30 minutes of cardio exercise every day, preferably outside, so that they can see green things like plants, trees, flowers and grass.*

05

# Eat protein at every meal and snack

*The circulation brings the building blocks for healing in the bloodstream. Those building blocks for healing need to come from somewhere. They need to come from nutrition, the food, the drink, the things we take in. Otherwise the body's going to take it from elsewhere. Now, to heal a tendon, you need protein. Protein is what makes up that tendon and protein is what's going to heal it. If you are not getting enough protein in your diet, your body will take it from somewhere. It knows it needs protein and it will take it from your source of protein in your body, which is your muscles.*

*If you eat a good balanced diet, you don't have to take any supplements. If you want to take them, that's completely fine. There is nothing on the market right now that will boost tendon healing, but a good healthy, balanced diet, making sure you're getting enough protein, making sure you're getting enough calcium, making sure you're getting enough of all of the nutrients that you need for healing and for just being healthy is going to be beneficial in your healing journey. I recommend a Mediterranean diet as a good go to.*

06

# The importance of sleep

*A lot of clients will tell me they cannot sleep at night. Their elbow really bothers them. Sleep is essential for healing. As we heal when we are asleep, try and get eight hours of sleep if you can. I know it's really hard, especially if you've got kids or you have to get up early for work, I know it can be a challenge, but really try and see if you can get eight hours of sleep.*

*Strategies to help can be things like not having caffeine before you go to bed. Something I have found really helpful recently has been using an eye mask and ear plugs. Just something simple like that. You're blocking out the light and blocking out the sound. If you can get a good night's sleep, you are going to heal way better and way faster. Try cutting down on screen time, just before you go to bed, that's huge because the blue light from the screens wakes our brains up. Once the sun's gone down, we should be limiting our screen time, so we allow our brains to go to sleep.*



07

# Self-massage

*Is Massage going to help? Yes it is. Is massage going to cure tennis elbow? No, it's not. Not by itself. Do you need to go and see a massage therapist? No, you can do the soft tissue treatment techniques that you need at home. You don't need somebody else to do that for you. Your elbow is a very accessible part of your body. You can get to it yourself. Gentle massage around the injured tendon can be helpful and you can do this yourself. Don't push, press or prod the tender area around the bony part of the elbow, but gently massaging through the forearm muscles can feel great.*

*My online program includes 15 different stretches and soft tissue techniques to work on normalizing the soft tissues in Phase 2. You can learn more about my comprehensive Tennis*

*Elbow Relief Program here;*

*<https://www.tenniselbowqueen.com/course>*

# 08

## Stretches

*Stretch it out safely. Stretches should ALWAYS feel comfortable! They should NEVER illicit, what I call the "Pain Face". You know the one that you pull when you've had a really deep tissue massage, or when you step on a piece of lego (parents, you feel me?).*

*Stretches should never feel painful.*

*I LOVE this one too!! It feels SO good! This stretch targets the muscle between the head and the shoulder. These are our stress muscles - 10 minutes in traffic and these tighten up. If you are feeling pain, these tighten up. If they are tight, they can pull on the connective tissue that travels up and over the top of your head causing tension headaches. They can also pull on the neck leading to stiffness. If they pull on the shoulder, that can cause soreness.*

*But it can also squeeze on the nerves and pull on the tissues around the elbow.*

*Take your chin down to the chest and then take your ear down to your shoulder. You should feel a stretch in the muscle between the neck and the shoulder. Hold it (Comfortably!) for 30 seconds.*

*Repeat on the other side. You might find that the affected side is tighter, so stretch it again!*

## STRETCHES





09

# Neck exercise

*This is the first exercise that I give to ALL my clients. I know it seems weird, as I'm giving a neck exercise to help to heal the elbow, but it works!*

*For this exercise, you are lying down on your back. Keep your knees bent up and gently press the back of your head into the pillow (just a thin flat pillow, if it feels comfortable). You don't need to hold this position, just press back and then release. Now, remember that all exercises should feel comfortable, so you may need to start with a smaller movement and work up to a full range of motion. That's completely fine. I recommend 10 of these exercises, 3 times per day.*

*You can watch a video of me teaching this exercise and going into the reasons why I use it here:*

*<https://youtu.be/x8x9MvLbgAs>*

*Don't forget to like and subscribe :)*

10

# Strengthening exercises

*Work with a specialist PT to guide you through the strengthening exercises that heal the tendon.*

*This has to be my favorite phase of the whole program; this is where the magic happens, and the tendon is healed. I love empowering people to get to and through this phase, because I see such a change in their demeanor and outlook once they realize they are in control of their recovery and it CAN happen.*

*My program contains 10 specific strengthening exercises which focus on the entire kinetic chain from the core to the fingers and everything in between. If you are aiming to completely resolve your tennis elbow once and for all, you not only need to regain strength in the weak muscles around the elbow, but also address the weaknesses around the shoulder and spine too. I guide you through these exercises and why it's important to address them.*

*You can learn more about my comprehensive Tennis Elbow Relief Program here;*

*<https://www.tenniselbowqueen.com/course>*

# Thank you!

**So, there you have it: 10 things that you can do TODAY to improve your posture and general health, as well as Ease Your Elbow Pain.**

There's obviously much more you can do too, and I could go into greater detail on ways to end Tennis Elbow Pain, than the principles I've given you here, but these fundamentals, if you apply them rigorously and are disciplined, will make a huge difference to the quality of your life.

I hope this is the beginning of a great, long-term relationship where I become the source of leading edge health advice for you and make a real difference to your life.

DEDICATED TO RESTORING YOUR HEALTH,



[TennisElbowQueen.com](https://TennisElbowQueen.com)

*Emma Green*  
*Xx*

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# Health Advice Disclaimer

**We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this Guide.**

However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our physical therapy clinic. The information given is not intended as representations of every individual's potential injury. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending upon background, genetics, previous medical history, application of exercises, posture, motivation to follow physical therapy advice and various other physical factors.

It is impossible to give a 100% completely accurate impression and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed fully accurate in the absence of an examination from a licensed healthcare provider.

We can offer you this service at a standard charge. Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantees of specific results are expressly made or implied in this report.